

Zest Group Fitness Timetable

Bedale Leisure Centre

Accurate as of 05/05/2024

Times for Wednesday 1 May



Time	Session	Facility	Level
07:00 - 07:45	Group Cycling	Studio	Spin
10:00 - 10:45	Fitness Mix	Studio	Strength and Toning
13:45 - 14:30	Hydrofit	Pool	Aqua
17:15 - 18:00	Pilates	Studio	Mind and Body
18:00 - 18:45	Dance Fitness	Sports Hall	Dance
19:00 - 19:45	Yoga	Studio	Mind and Body
20:00 - 20:45	Yoga	Studio	Mind and Body